

# Maine DOE 2014 Schoolsite Health Promotion (Wellness) Conference

**Application Process Open; Due date May 6, 2014**

**Tuesday, June 24 – Thursday, June 26, 2014**

This conference is a fabulous professional development opportunity that is the foundation for a year-long schoolsite health promotion and wellness program for school staff, students and communities. **For a conference application and scholarship information scroll to the bottom of this page article.** If you have any questions please contact [susan.berry@maine.gov](mailto:susan.berry@maine.gov).

The upcoming Maine Schoolsite Health Promotion Wellness Conference offers nationally renowned keynote speakers along with over thirty workshop and roundtable sessions; more than twenty health screening; and an expansive area of exhibits. Participating teams will experience three days filled with workshops and learning opportunities to assist in the development and maintenance of a culture of health promotion and wellness at the local level including:

- 1) interactive presentations on leadership and team building to support a schoolsite health promotion and wellness team;
- 2) presentations on a variety of programming ideas, school policy, and personal wellness;
- 3) dedicated team time for drafting a year-long action plan for a comprehensive wellness program including staff and students health promotion; improving school climate; enhancing health related policies; and supporting health education and physical education.

The Maine Department of Education is pleased to once again be hosting top notch, fabulous, motivational and educational keynote speakers this year:

**Loretta LaRoche** is an acclaimed speaker, author and international stress management and humor consultant who has evoked wit and irreverent humor on her audience for over 30 years. Using humor to reframe a stressful situation, Loretta captures a new perspective on the difficult parts of life. Her teaching style, credibility and incontestable humor are integral parts to her compelling presence. As an acclaimed author, she has toured with the Hay House, "I Can Do It!" conferences and shared the stage with acclaimed authors such as, Dr. Christian Northrup, Suze Orman, Louise Hay, Dr. Wayne Dyer, and more. Organizations worldwide use Loretta's prescription for laughter to manage stress in the workplace and improve morale. Her energetic conferences and keynotes serve to improve learning skills and leave her audiences in an enthusiastic frame of mind!

**Jessica Lawrence**, M.S. in Education is the Director of Cairn Consulting which believes that the core of a school community is how it functions as a collaborative entity to support the health of the students, teachers, staff and larger school community. Jess began her career as a middle school health education teacher in Oregon. She extended her passion and knowledge beyond the classroom when she joined the Oregon Department of Education focusing on coordinated school health. She then went on to start her consulting journey providing strategic and comprehensive supports to schools and school health organizations. Jess is an outstanding speaker, trainer and facilitator. Her clients and collaborating partners include top school health agencies such as the US Center for Disease Control and Prevention, the American Cancer Society and the Alliance for a Healthier Generation. She enjoys running, sewing, cooking and especially traveling. In August 2013, Jess completed a life goal of bicycling solo across the United States in 90 days!

In addition, more than 30 workshop and roundtable sessions will be delivered by top quality presenters including fellow SAU conference participants, Maine resources and a keynote speaker; a multitude of engaging and educational exhibits and health promoting venues will be available; and access to a variety of wellness opportunities!

The Maine Schoolsite Health Promotion Conference Planning Committee invites you to apply to attend the 29th Annual Maine Schoolsite Health Promotion Conference. This is an exciting, educational experience open to all schools! The statewide conference provides a successful model for establishing and maintaining staff health promotion/wellness programs in Maine schools.

In order to design a high quality conference that runs smoothly from start to finish and benefits all teams, guidelines for attendance have been instituted. Completed conference packets are due by the closing registration date of **May 6, 2014 with a cost of \$215 per person**. Teams that register by **April 18, 2014** can **save \$20 per person** and pay only \$195 per person. Incomplete packets will be returned immediately for completion and must be resubmitted by the deadline date. Be sure to review the provided checklist to ensure that your packet is complete. We want to guarantee that all applications are ready for review in a timely manner. Completed applications received after the closing of registration will be considered on an individual basis and subject to an additional charge per person.

In 1986, the first Maine Schoolsite Wellness Conference was held. It was designed with a **team philosophy** that has proven to be a vital component of the program over the years. The team approach is essential for a successful year-long health promotion program. Best practice has proven that a conference team of five to ten members representing different positions within a school community ensures follow through on implementing the year-long action plan. However, this year we will accept teams of four though we strongly recommend five to ten. In an effort to ensure that schools have a full conference team in attendance for the **entire** conference we suggest securing 2 alternate conference participants. The alternates should be individuals that are available to attend the conference and are willing to substitute for a team member who may experience a last minute, unforeseen emergency.

An administrator is a valuable asset for a wellness team and often maintains the sustainability of the team and effectiveness of the Schoolsite Health Promotion Program. Past experience has proven that **administrative support** is critical for the successful implementation of the yearlong action plan. Letters of support are required as part of the application packet: one from the superintendent (Attachment A) and a letter from another administrator, if an administrator is not able to attend the conference as part of the conference team (Attachment B). The superintendent letter needs to illustrate the support that will be given to the school's wellness program and the team's implementation of their action plan. The second administrative letter of support should clearly state the role and responsibilities the administrator will provide as the liaison between the school wellness team and the school administrative team.

Attachment C should outline 3-4 major accomplishments of the 2013-14 health promotion program or, if submitting an application from a team representing a school or SAU for the first time, expected outcomes as a result of attending the conference and implementing the action plan.

Attachment D: This year, scholarships are available from the Maine Department of Education (Maine DOE), Schoolsite Health Promotion Program to support the conference registration fee. Up to ten scholarships for \$195 each for new teams or teams who have not attended for the past two years and who need financial support to meet the registration fee. To request an application, email [ann.marin@maine.gov](mailto:ann.marin@maine.gov).

In preparation for the conference, a team leader or a designated team representative is required to attend the Spring Team Leaders' Meeting to be held Tuesday, May 13, 2014 from 4:00 – 6:00 p.m. via video conferencing. New team leaders need to attend one of the regional, facilitated sites. This year we would ask that if at all possible veteran leaders attend facilitated sites as well or at least try to partner with a geographically close SAU. If this is not possible, veteran team leaders may choose the option to view the session at a non-facilitated site. In order to access the meeting at a local, non-facilitated site, Ann Marin must be notified by Monday May 12, 2014.

We hope you will plan to attend this year's conference to develop or enhance your school's health promotion and wellness program for students and staff and be a part of 29 years of successful health promotion in Maine schools!